Work Life Balance Resources

http://www.mayoclinic.com/health/work-life-balance/wl00056
Work-life balance: Ways to restore harmony and reduce stress
Highlights from this article:

- **Rethink your cleaning standards.** An unmade bed or sink of dirty dishes won't impact the quality of your life. Do what needs to be done and let the rest go. If you can afford it, pay someone else to clean your house.
- **Communicate clearly.** Limit time-consuming misunderstandings by communicating clearly and listening carefully. Take notes if necessary.
- **Fight the guilt.** Remember, having a family and a job is OK — for both men and women.
- **Nurture yourself.** Set aside time each day for an activity that you enjoy, such as walking, working out or listening to music. Unwind after a hectic workday by reading, practicing yoga, or taking a bath or shower.
- **Set aside one night each week for recreation.** Take the phone off the hook, power down the computer and turn off the TV. Discover activities you can do with your partner, family or friends, such as playing golf, fishing or canoeing. Making time for activities you enjoy will rejuvenate you.

http://www.country-wide.co.nz/article/2976.html
Work and life balance is the measure of a successful life, by Amy Bielski
Highlights from this article:

- set a 30-minute rule, for the first half an hour after work to talk about the day, any farming business and to write a list of the tasks that need doing the following day, but after that the topic is life.
- Go on a date with each of your children once a month or have a scheduled family time once a week. It might be a family meal on Sunday night for example.
- Operational tasks consume 80% of [farmers’] time, which leaves only 15-20% for tactical management systems and nothing for strategic planning. Milicich [business consultant] believes this equation needs adjusting, if not reversing. “Strategic planning reminds you of your dreams. It is about figuring out what is important to you as a couple, where you want to go in life and how to do it.”

http://www.getorganizednow.com/
Promises to help you: Organize your home. Organize your office. Organize your life
You can get weekly emails with various tips and there are monthly checklists to help you get organized around the various holidays and other seasonal events.